

## “Caregiving 101- The Most Important Subjects You Should Know.”

Topics and tools for those working in assisted living/residential care settings. Dementia specific topics

### AGENDA

7:30am-7:55am **Registration and Refreshments**

7:50am-8:00am **Welcome & Introductions**  
Wendy Simons



8:00am-9:00am **“Resident Transfer Assistance”** *Dementia included*  
An overview of how to lift a resident properly, techniques for assisting with mobility and transfer, and assessing a resident after a fall.

9:00am-9:45am **“Preventing Disease Transmission”**.  
What are microbes? How does one become ill? How to prevent infection with blood borne pathogens? What are universal precautions?

9:45am-10:00am **Break**



10:00am-11:00am **“Elder Abuse”**  
An overview of the laws protecting seniors from abuse, neglect and/or exploitation and discussion of the role of the caregiver.

11:00am-11:45am **“HIPAA” Compliance Topics**  
Training on the rules of HIPAA, how they are broken, how to avoid potential violations.

11:45am-12:30pm **Lunch Break: (On your own)**



12:30pm-2:00pm **“Personal Care & Hygiene Assistance”** *Dementia Included*  
Basic assessment tools. How to understand your resident and his/her needs for assistance. Shower assistance, dressing assistance, hygiene care and needs. What about hearing aides, skin care, hair, nails and other needs?

2:00 pm-2:15pm **Break**

2:15pm-3:00pm **“Validation & Communication With Confused Residents”** *Dementia*  
What is dementia? Understanding validation techniques for dealing with difficult behaviors and confusion.

3:00pm-4:30:pm **“Aging Sensitivity”** *Dementia*  
Understanding the physiology of aging and the limitations of some conditions. Actual “hands on” practice of components of aging.

### By the end of the program participants will be able to:

- Explain the proper techniques to use while assisting a senior with transfers.
- Understand how disease is transmitted and how to prevent it
- Define elder abuse and how to report it
- Define HIPAA
- Discuss and apply techniques for providing personal care
- Explain dementia and memory loss and how to communicate with those with dementia
- Describe how it feels to age.